



Vol. 40 No.13

Naval Air Station Fallon, Nevada

August 15, 2003



NASF Honor Guard often presents the colors at ceremonies on and off base such as this recent retirement ceremony in Hangar 1 (Photo by JO2 Eric D. Ritter).

NASF Honor Guard helps show Navy's true 'colors'

By: JO1 Patrick Lane

The Stars and Stripes, Ol' Glory or Stars and Bars; by any name the flag of the United States of America commands respect, admiration and awe throughout the world as a symbol of the most powerful nation on earth. In the armed forces the flag is handled with reverence and honor strictly guided by regulations and a code of etiquette.

At NAS Fallon, those responsibilities fall on the Command Services department and the Honor Guard team. "I think they're a good team," said GSEC (SW) Ronald Whitaker, Command Services Chief. "We are rebuilding right now but I think we're presenting a good image of the United States Navy and of the command," he added.

The Honor Guard here is tasked with presenting colors at all official ceremonies on base, and they also perform at numerous civic events throughout Northern Nevada and surrounding states. Additionally, the team performs graveside military honors at funerals of veterans. They are funded through Southwest Region for travel and maintenance of the resplendent uniforms worn during ceremonies.

"I love the uniform, I love putting it on. Nothing says 'Navy' like that," said AE2 Michael Adams of the full dress uniform worn by the Honor Guard complete with leggings, ascot and decorative ropes. Adams, of Weiser, Idaho, is a

coordinator for the team and works at Strike Fighter Wing Pacific Detachment, Fallon as a tool control manager.

Though he and his team members dedicate many hours to the Honor Guard, Adams says it is a rewarding job. "It's very exciting. You not only get to represent the base, but also the Navy," he said. Adams added that the importance of the job is evident with every event they attend. "Every time we do an event we always have several people come up to us and shake our hands and tell us how much they appreciate our being there," he said.

Every department on base has a requirement to provide personnel to the team, but all are volunteers. "Currently, the team is fairly junior, with almost half the team having performed only once or twice in public," said Adams. Even so, Adams is confident of his crew, stating they are, "very motivated and learning extraordinarily fast," he said.

Regulations dictate an 18-member minimum and the team currently has 14 members. According to Chief Whitaker, they are actively recruiting members now. "We're looking for second and third class petty officers to replace the ones that are leaving and to provide senior leadership for the team, but we will consider junior personnel on their merit," he said. "We need sharp sailors that have a high maturity level and project a good image," said Whitaker, adding that candidates must meet all PRT and body fat requirements.

Honor Guard Cont., Page 3

Desert Rescue XI invades NASF

By: JO3 Jason Tross

NSAWC is currently hosting several U.S. and international military members as part of Desert Rescue XI, an annual Combat Search and Rescue exercise in a joint-service effort to enhance performance in the field.

Combat Search and Rescue (CSAR) pilots and aircrew from the United Kingdom brought the Russian HIP and HIND helicopters to provide a realistic threat to U.S. CSAR aircrews from Marine, Army, and Air Force units around the country.

Sailors assigned to the SERE school in Maine accompanied several aircrews into the desert to act as survivors. They were taught to do

just that—survive.

They are being taught how to survive on what the terrain has to offer long enough for a rescue party to find and extract the down pilots.

During today's exercise the opposition forces came in close with unfamiliar Russian helos provided by the visiting British Royal Air Force.

According to those in the scenario, this makes the situation more realistic. They have the capability to train the aircrews to recognize when the real help is on the way and not just the sound of a helicopter.

After the Gulf War in the early 1990s when U.S. forces had a difficult time recovering friendly troops, the need arose for a regimented joint training

exercise where each service could step away from their own way of doing things and partake in a more unified, and realistic, scenario.

"We suddenly realized, after Operation Desert Storm, in the battlefield we're relying on people outside of our service to save us," said Lt. Cmdr. Mark Truluck, an operations training officer at NSAWC, and organizer of Desert Rescue XI.

"The need for a training exercise using all services on a joint level was apparent, and Desert Rescue is the result," he said.

Two Air Force pilots waited in the high desert for hours while learning survival tactics and their role in a successful recovery.

"The survivor is just as much of

a player as the CSAR team," said Truluck.

"We've learned that we have to

teach them how to communicate and survive.



AW2 Steve Alcaraz, a door gunner assigned to HS-2, fires an M-240 machine gun during Desert Rescue XI. Desert Rescue is a joint forces Combat Search and Rescue (CSAR) exercise that simulates the rescue of aircrew grounded behind enemy lines (Photo by Tech. Sgt. Scott Reed).

Chaplain's Corner

By Chaplain Daniel Roysden

"There are three things that are too amazing for me, four that I do not understand: the way of an eagle in the sky, the way of a snake on a rock, the way of a ship on the high seas, and the way of a man with a maiden" (Proverbs 30:18-19). Actually a very appropriate scripture for Fallon combining elements of flight, the desert, naval vessels, and people. Here is the wisest man who ever lived reflecting on things that challenged his understanding. Such personal times of contemplation are important because they give us inspiration to make sense of the world around us.

Do the names Leonardo da

Vinci and Archimedes mean anything to you? They were great thinkers who also studied two of these subjects (da Vinci with flight and Archimedes with displacement theory—pneumatics). Well Solomon, over the past 3000 years humanity has managed to explain three of these four things: the principles of aerodynamics (an eagle in the sky), reptilian physiology (a snake on a rock), and the physics of hydrodynamics, matter displacement, meteorology, and oceanography (the way of a ship on the high seas). But the interaction of males and females still baffles even the wisest of persons who dare to offer

explanations concerning the interaction of males and females. Innumerable volumes have been written on the keys to a healthy relationship between men and women; but none of these volumes have proven to be the one capable of explaining this mystery.

The Chaplain Corps has designed several retreats that provide opportunities for individuals and couples to spend a concentrated time of guided reflection on life. The Command Religious Program is planning to host a Marriage Encounter Retreat this fall at Lake Tahoe. The emphasis of the retreat will be communication between

husband and wife. We don't promise to have the secret key to the interaction between a man and a woman. This retreat program that has proven itself invaluable to numerous couples in helping their relationships become stronger through teaching effective communication skills. As soon as details of the retreat are available, they will be published.

Chapel Services

Protestant

Sunday: 11a.m. Worship Service

Communion Sunday is the first Sunday of each month.

Catholic

Sunday: 9:30a.m. Mass

For other Catholic services available in town, please call St. Patrick's at 423-2846

MOTORCYCLE TRAINING CLASS

Still need the Motorcycle Training Class to get your base sticker? Want to learn better riding skills? Have you already signed up? If not, please call the Nevada Rider Motorcycle Training Office at 1-800-889-8779 to reserve a spot. Active Duty military and DoD Civilians' tuition is paid for by the Base. Contractors and dependents are responsible for their own tuition, which is \$100 for the 15-hour class. Motorcycles are provided as part of the class. Scheduled classes are as follows:

Sep 12-14 (Spaces available)

The State will, if necessary, schedule another class or two to give everyone the opportunity to take the class. The key is that you need to sign up now so that they know what the demand is. Sign up NOW and reserve your spot.

Bidding for Billets Could Bring Bundles; Assignment Incentive Pay Proving a Success

From Chief of Naval Personnel Public Affairs

WASHINGTON — If data collected after the first two requisition cycles is any indication, the newly-launched Assignment Incentive Pay (AIP) program is already proving successful at attracting Sailors to certain duty assignments overseas.

AIP is a market-based monetary incentive introduced to the fleet in June. Under the pilot program now underway, Sailors being detailed to assignments in Misawa, Japan; Naples, Italy; and Sigonella, Sicily, may be eligible for up to \$450 per month by bidding for AIP through Super JASS, the Web-based Job Advertising and Selection System.

Response has been excellent. In just the first two requisition cycles, nearly 170 AIP bids for eligible billets were received, result-

ing in 40 accepted applications. The bids ranged across the spectrum from zero dollars to the published maximum, but the majority were somewhere in between.

Applying for AIP is easy. Simply log on to Super JASS at about the nine-month window before your scheduled permanent change of station move to view current jobs, hot jobs and fill dates. The newest addition to this screen is the incentive column. If there is an asterisk in that column, the job comes with AIP.

Clicking into the incentive column displays the details of the AIP pay cap for that assignment and suggestions for bidding. Bids are in \$50 increments. Simply select the amount of AIP you would be willing to accept from the pull down menu. Incentive pay amounts will vary by location and position.

The detailee will make the final selection based on the range of

qualified bids, relocation costs and additional factors pertaining to each job. Sailors rotating to sea duty must bid for sea billets and follow their proper sea/shore rotation.

"I was surprised on how smooth it went," said BM1 (SW/SCW) Gene Palabrica, a Boatswain's Mate detailee who recently cut orders for a Sailor to NAS Sigonella. "I'd been trying to fill that job for six months."

AO1 John Dodt, stationed aboard USS Abraham Lincoln (CVN 72), used AIP to gain an additional \$150 a month when he transfers to Misawa AFB, Japan. He learned about AIP in an email sent by his department career counselor.

"I requested \$150 and bid on the orders I wanted, then was notified that I got them. It was incredibly easy and fast," explained the 12-year veteran.

The extra money, he said, was definitely a key factor in his deci-

sion to go to Misawa. "It's not that I wouldn't go there under any circumstances, but the AIP sure did help me make my decision. I'm glad I took the chance."

"AIP is an integral part of Sea Warrior and a truly transformational way of doing business," said Chief of Naval Personnel Vice Adm. Gerry Hoewing. "What we are doing is creating a dynamic incentive - one the Sailor has a hand in actually determining - all the while getting talented people assigned to places we really need them. It's good for the Sailor and good for the Navy, too."

"As CNO has said, AIP really captures the essence of Sea Warrior, and that is the power of choice. We're giving Sailors a bigger hand in managing their own careers, and obviously, it is working."

AIP could be expanded to other overseas locations, such as Iceland, Guam, Cuba and Korea.

To be eligible for AIP, Sailors must:

- Be U.S. Navy or U.S. Naval Reserve active-duty Sailors. Reserve SELRES (selective Reserve), TAR (Training and Administration Reserve), IRR (Individual Ready Reserve) and ADSW (Active Duty for Special Work) Sailors are not eligible for AIP at this time.
- Be fully qualified for the job requested - proper rating, pay grade, NEC (Navy Enlisted Classification), etc.
- Be in a sea/shore rotation rating. Sailors under CONUS/OUTUS (continental U.S./outside U.S.) rotation are not eligible.
- Apply for the job via JASS.
- Be eligible for assignment in a "FOR DUTY" status.

For additional information see NAVADMIN 161/03 on the Web at www.bupers.navy.mil.

The Desert Roundup
Editorial Office, Public Affairs Office
NAS Fallon, NV 89496

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Published semi-monthly by Lahontan Valley News, a private firm in no way connected with the Department of Defense, the Navy, under exclusive written agreement with NAS Fallon.

News Submission: The editorial content is edited, prepared and provided by the Public Affairs Office, NAS Fallon.

Submissions in the form of news and feature stories, photographs and letters to the editor are encouraged; these must include author's name, rating, rank and unit for military, and position and department for civilian personnel.

All submissions, with the exception of letters to the editor, must include duty phone number for verification of information. Signed letters to the editor will be considered for publication unless the writer requests that the contents not be published. Names will be withheld upon request. News and feature copy may be edited for adherence to appropriate news style and are subject to editing due to space limitations. Submit articles by e-mail or in text format on 3.5" disks and hard copy. Deadline is noon, nine days prior to publication.

Classified Ads: Classified advertising of personal items and services for sale by members of the command may be accepted free of charge provided such items and services are not business operations, but represent an incidental exchange between active duty and retired military personnel and their families and from civilian employees at NAS Fallon. Free classified ads are limited to 24 words or less and must be submitted directly to the publisher on a form available in the Public Affairs Office.

Deadline for free classified ads is the same as the deadline for submission of article and photos. These ads are accepted only by mail or delivery by the above date to the office of the publisher, no phone-in ads will be accepted. Free classified ads may be emailed to eric.ritter@navy.mil

Capt. Brad T. Goetsch, Commanding Officer
Cmdr. Ed Rybold, Executive Officer
Zip Upham, Public Affairs Officer
JO2 Eric D. Ritter, Editor/Layout&Design/Photographer/Writer

Honor Guard, From page 1

ments as well as pass an interview.

The high-profile aspect of the job requires looking sharp and working well as a unit. This can put pressure on the members and cause

more than a few butterflies in their stomachs. "Sometimes team members get nervous performing in front of large crowds or high-ranking personnel, but they fall back on their training," said Adams. The team conducts practice sessions each

Tuesday and according to Adams, "the routines are engrained in them and they can go through the motions without even thinking about it," he said.

Most of their events are local or in nearby Reno, but the team often gets called to cross the state and perform in Elko, Ely or Battle Mountain. The team has even traveled as far as Idaho where they, coincidentally, performed in Adam's hometown. The Honor Guard also conducts honors at funerals for retired and active duty personnel. Though they do not perform rifle salutes, they handle all other aspects of the service and present a flag to the next of kin. "Funerals are definitely a unique aspect of the job," he said. "No matter how much practice you

put into it, nothing compares to the actual graveside ceremony," said Adams.

The team members must strive to maintain a professional demeanor during the emotionally charged funeral ceremonies. Adams explains that they keep their eyes to the front and try not to make eye contact with the mourners during the ceremony. "I have yet to see a dry eye after taps is played," said Adams.

Some ceremonies, on the other hand, hold surprises for the team. According to AN Ken Leeper they once received orders from Southwest Region for a funeral to be conducted in nearby Verdi, Nevada. Upon arriving at the location they discovered several biker gangs there to honor a Navy veteran who de-

parted the Navy and founded the "Branded Few" motorcycle gang. Amidst the bikes, "Hells Angels" and other groups, local law enforcement agencies and the media were also present. By Leeper's estimate there were over 250 people gathered and Leeper immediately began coordinating his team to conduct the honors. "While I was in the middle of folding the flag they started a fire by shooting fireworks into the woods. I looked behind me and saw the flames and tried to hurry up with the ceremony and hand the flag to the mother of the deceased.

By his own admission, Leeper says the job doesn't always provide that much excitement. "But it does have its moments," he said.



The NASF Honor Guard also participates in flag raising ceremonies for many occasions such as for shadow box memories or even for national symbols such as the Flag of Freedom (pictured above) which was flown over the Capitol on 9/11 (Photo by JO2 Eric D. Ritter).

BUDGET FOR BABY CLASS Do you have a baby on the way? The Navy/Marine Corps Relief Society is here to help with a Budget for Baby Class on Wed, Aug 27. Come learn about the financial impact your new bundle of joy will have on your family. The seminar also offers information about pay, benefits, healthcare, and childcare. The presentation will be held at the Family Service Center Training Room, from 1pm to 4pm. Each family will receive a Junior Sea Bag valued at \$70. All ranks are eligible. Call 426-2739 for information or to register.

Navy League Supports continuing education for servicemembers

By: JO1 Patrick Lane

Head due west from Elko, NV and you have over 500 miles to travel before reaching the Pacific Ocean. Yet, this community of over 17,000 is home to a chapter of the Navy League that boasts a membership of nearly 150 associates. "We're just a group of Americans who want to support the maritime services," said Council President William Strickland.

According to Strickland, the Elko Nevada Council of the Navy League of the United States (NLUS) is not discouraged in the least with their land-locked status and work diligently to support the sea-services. In fact, they are expanding their reach and have recently encompassed NAS Fallon in their annual memorial scholarship award.

Previously awarded only to candi-

dates from the Bridgeport Mountain Warfare Training Center the \$500 scholarship is now awarded to a candidate from NAS Fallon as well. ITSN Allison White of VFC-13 was selected as this year's recipient and received the award at a ceremony held in Elko on 9 Aug.

The award is presented in memory of Norman Glasier, a former Nevada Senator and charter member of the Elko Navy League. Mrs. Nelda Glasier was on hand at the ceremony to present White with the award. "I am so grateful to the Navy League for their support in continuing education," said White. "This will be a great help with books and fees not covered by the GI bill and Tuition Assistance," she added.

The Navy League is a private, non-profit, civilian organization that serves, supports and stands with the U.S. sea services. It is a patriotic organization founded in 1902 with encouragement from President Theodore Roosevelt with two purposes: educating American citizens and elected officials about the importance of sea power and supporting the men and women of the sea services and their families.

The organization is celebrating their centennial this year and are

proud to continue the long and honorable heritage of the League. Since WWII, when the NLUS encouraged women to knit sweaters, mufflers and mittens for seamen, Navy League members have provided physical and

spiritual comfort to sea service members and their families. Today, more than 76,000 Navy League members belong to more than 300 councils around the world.

According to NAS Fallon Command Master Chief David Bisson, the competition for the scholarship included a review of grade-point averages, recommendations from the chain of command and an essay submitted by the candidate. Bisson said

he has been involved with the Navy League throughout his career and is pleased the Elko Council has included NAS Fallon in their scholarship program. "I would encourage sailors at all levels to look into the Navy League and find out what they're all about," he said. Bisson added that maintaining a relationship between our sailors and members of the Navy League can be very rewarding and will benefit both groups.



ITSN Allison White accepts the Norman Glasier Memorial Scholarship award from Mrs. Nelda Glasier during a ceremony held in Elko, Aug. 9, as Council President, William Strickland and Mrs. Irene Hood look on (Photo by JO1 Patrick Lane).

Historical Center Web site Raises History of Navy Flags

By Marie Dumontet, Naval Historical Center Public Affairs

WASHINGTON — The Internet has proven to be a powerful tool for the Naval Historical Center (NHC) to address Navy and public interest in current topical subjects in a quick and thorough manner.

"Basically, there are two reasons why we put information on the Internet: the first one is due to public interest and the second one is an educational reason, because people should know about this particular aspect of the Navy," said Glenn Helm,

head of reference, Naval Department Library, and Web Site Committee member.

For example, Navy's flags are symbols of history and tradition, and have always been a permanent subject of query to the NHC.

With current military operations, and the flying of the first Navy Jack from all Navy ships, there has been additional interest in the origins and uses of Navy flags.

Through the efforts of Dr. Michael Crawford, head of the Naval Historical Center's (NHC) Early History Branch, and the NHC's Web site

committee, the site is now offering information on the Navy's use of flags and pennants.

Posted July 28, the new entry covers flag related subjects such as Battle Streamers, Commissioning Pennants, the U.S. Navy's first Jack, the Iwo Jima flags, the U.S. Navy Flag, signal flags, "striking the flag," and submarine battle flags of World War II.

First addressed are Battle Streamers, which in the armed forces are used as reminders for dedicated and heroic service.

Adopted by the Navy in 1971, battle streamers represent the services' participation in wars, campaigns, or theaters of operation and certain unit awards.

Next are Commissioning Pennants; they were first used to distinguish merchant ships from naval vessels, and still continue on as a tradition.

Regarding the Jack, it must be hoisted at the bow while a ship is at anchor or in port, and corresponds to the "union" of the National En-

See Flag History, Page 7

Engineer
Senior Targets Analyst
 Applied Resources, Inc. a DoD professional services contractor, is seeking an individual to support test and evaluation of DoD weapons system acquisition programs. Individual will support development of threat representative targets for use in DT/OT and monitor technical and financial execution of major weapons systems programs. DoD T&E experience, strong interpersonal skills, and familiarity with DoD budgeting and planning process required. Pentagon/Service HQ acquisition staff experience desired. Travel required. Excellent benefits. Locations Washington, DC area. Resume: lyle@arl2.com Fax: (703)243-2702



Live POKER
BIRD FARM CASINO



MWR takes sailors to the ballgame

By: JO3 Jason Tross

Sailors assigned to Naval Air Station Fallon, Nev., and its tenant commands traveled more than three hours to the Oakland Coliseum to watch the American League West Champion Oakland Athletics host the American League Champion New York Yankees in an afternoon battle.

Twenty dollars bought them tickets and transportation, through NAS Fallon's MWR Department, to and from the game as the Bronx Bombers paid revenge for the A's win the previous night.

IS1 Molly Morales, a computer systems administrator at NSA/CSS, and A's fan was among the group of spectators.

"Even though the A's lost, it was great to get out and use what MWR is offering our Sailors here," she said.

Yankees All-Star shortstop Derek Jeter was on hand to deliver the closing double play of the game, adding to Morales' disappointment.

After the game, Jeter sat in the clubhouse with an ice-pack over his injured left shoulder and took time to voice his appreciation for the sailors' attendance. Although he didn't offer an apology to Morales, he was impressed to know the sailors were watching from the stands.

"We have lots of groups come to see us play," said Jeter. "It feels good to know the Navy is supporting us here too," he added.

NAS Fallon's MWR sponsors similar trips to sporting events and other activities year-round. AE1 Ed Buckels facilitates most trips for sailors station here.

"We try to get sailors out to do something positive with their time and money," said Buckels.

"Every month we're up to something new. Whether it's skiing up at Tahoe, sky diving, rafting, fishing and hunting, we're making it possible for sailors to get out and do the thing this area has to offer."

NAS Fallon's close proximity to the Lake Tahoe area and enter-

tainment attractions of Reno, MWR is providing the easiest and most affordable access to these attractions for more than just Fallon-based Sailors

NSA/CSS is the premier Naval Aviation training facility in the continental United States. Every Carrier Air Wing (CVW) must train here prior to embarking on board a carrier for deployment, bringing thousands of Sailors here and

leaving MWR with its hands full. But Buckels and others working for MWR are delighted by the challenge.

"The more Sailors who come

here, the better things we get to do," he said. "We have a mission here at MWR. We're providing for every type of sailor and their interests, because it's fun."

August 2003						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Auto Hobby Shop - 25% off Oil Changes - Labor Only X 2575		HOT STUFF PIZZA x 2454 x 2624	Liberty Program X 2836	Swim Lessons x2791 4-15 Aug. Private lessons available.		
3	4	5	6	7	8	9
10	11	12	13	14	15 FREE Bowling Every Friday For Active Duty 1130 - 1300	16 Youth Activity Trip Manteca Water Slides X 3777
17	18	19 Rock 'N Bowl X 2836 ALL HANDS Lunch Buffet - O Club 1100 - 1300	20 FREE Back to School Bowling 1130 - 1300.	21 O' Club Family Night 5 - 8	22	23 Canoe Races - Pony Express x 2589
24	25 Back To School	26 ROCK 'N BOWL X 2836 6 - 9	27	28	29 PJ Party Planet X - 2836 9 - 77	30 Library Story Time 2:00 X 2599
31	Silver State Club X 2526	Theater x2552	CPO CLUB X 2483 Planet X - 2484	OASIS Fitness Center x 2252	MWR EVENTS	



AUGUST GROUP FITNESS SCHEDULE

By request, we are adding a lunchtime Step Class---check it out every Wednesday at noon!
Times listed not good for your schedule?
Let us know what type of class and day/time you'd like to see classes taught.
(Need minimum of 4 committed students to add classes to schedule.)



August 2nd - Happy Birthday, Kim!! ☺

MON	TUE	WED	THU	FRI
Every month, by drawing, one Group Fitness Class student will win an embroidered "Chain Fitness Center" t-shirt. The more classes* you take, the greater your chance of winning! Ask your instructor for more details!				
4	5	6	7	8
11	12	13	14	15 AM 0515 - Step (Cindy) 0730 - Step Interval (Mel) PM 1800 - Tae Kwon Do**
18 AM 0515 - Step (Cindy) 0700 - Basic Step (Mel) PM 1615 - SQ50 (Val) 1730 - Yoga (Mel)	19 AM 0515 - Yoga (Mel) PM 1630 - CardioSculpt (Cindy) 1730 - Yoga (Mel) 1800 - Tae Kwon Do** Bill Clinton's B-Day	20 AM 0515 - Step (Cindy) 0700 - Basic Step (Mel) PM 1200 - Step (Mel) 1615 - SQ50 (Val) 1730 - Yoga (Mel) Don King's B-Day	21 AM 0515 - Yoga (Mel) PM 1630 - CardioSculpt (Cindy) 1800 - Tae Kwon Do** Wil Chamberlain's B-Day	22 AM 0515 - Step (Cindy) 0730 - Step Interval (Mel) PM 1800 - Tae Kwon Do** Norman Schwarzkopf's B-Day
25 AM 0515 - Step (Cindy) 0700 - Basic Step (Mel) PM 1615 - SQ50 (Val) 1730 - Yoga (Mel)	26 AM 0515 - Yoga (Mel) PM 1630 - CardioSculpt (Cindy) 1730 - Yoga (Mel) 1800 - Tae Kwon Do**	27 AM 0515 - Step (Cindy) 0700 - Basic Step (Mel) PM 1200 - Step (Mel) 1615 - SQ50 (Val) 1730 - Yoga (Mel) Landon Johnson's B-Day	28 AM 0515 - Yoga (Mel) PM 1630 - CardioSculpt (Cindy) 1800 - Tae Kwon Do**	29 AM 0515 - Step (Cindy) 0730 - Step Interval (Mel) PM 1800 - Tae Kwon Do**

**Tae Kwon Do classes are held at the Sports World Gym. Please contact 423-5070 for more information.
Classes must have a minimum of two (2) students to be taught.

We reserve the right to remove classes from the schedule due to lack of participation.
SCHEDULES/INSTRUCTORS ARE SUBJECT TO CHANGE--
Please contact the Fitness Center at 426-2251 for more information.



Some of the most significant changes for children and adolescents revolve around school. If your child is adjusting to a new school either because of a recent PCS move or because they are transitioning from one school level to another (i.e. preschool to kindergarten), they will need help from you, to adjust to the changes. Every parent knows that changes have a tremendous impact in a child's life. Teaching children to view change as a challenge and an opportunity is teaching them an important lesson that will be useful to them throughout their lives. By creating a nurturing, loving environment that is orderly and predictable, parents provide their children with a sense of security that will help children adjust to "the blues of a new school".

A new school is unsettling for children of any age. Children often find it frustrating to find their way around an unfamiliar building and learn new schedules. And if they are new to Fallon, they may not know anyone in their age group. Experts agree that although moving is tough on young children, it is even more difficult for adolescents. Friendships are much more important to teens than younger children and making new friends can be difficult. So here are some suggestions for helping your child make new friends, regardless of their age:

Get involved with your child's school. Join the PTA and volunteer at the school.

Meet families that appear to have children that are well matched to yours and invite them over so the children can get to know each other.

Encourage your children not to try "too hard". Let them know that it takes time to make new friends, and share your own struggles with moving to new areas.

Get to know the school counselor and be open with him/her about the changes your child is experiencing. The school counselor may have a support system in place to help newcomers (i.e. school orientation or a buddy program).

Sometimes children need additional help adjusting

to the change of a new school or a PCS move. When this happens, there are common warning signs indicating that your child may need additional support. Some of these warning signs are:

- increasing concern about school or new activities
- disrupted sleep
- change in eating habits
- continued difficulty finding friends after a reasonable time

Make the school aware of your concerns and seek help from the school counselor and your child's teacher. Always provide reassurance to your children during this change process and take time to listen to their concerns. Avoid saying "It isn't a problem," or "Tough it out." Let them know that you understand how difficult it is to move to a new area, and remind them often that you are there to help and support them with this change.

Finally, whether your child is returning to a familiar school with lots of friends or is at a new school, here are some suggestions that can make those first days more pleasant for everyone.

Establish a routine now, before the starts (bedtime and waking times should mirror what they will be doing when school starts).

Create and plan a homework area with a comfortable chair, desk, and good lighting.

Purchase school supplies before the first day of school and organize them in preparation for the first day of school.

Be positive and upbeat. Make going back to school a fun, new challenge.

If you would like more information about children transition back into the school routine, please contact the Fleet and Family Support Center at 426-3333. Counselors are available to answer any questions you may have.

Awards Program Offered by Embry-Riddle University

Embry-Riddle Aeronautical University is proud to offer the Embry-Riddle Excellence Award Program at NAS Fallon to recognize military and civilian personnel who receive duty to work related honors. Recipients receive a certificate and eligibility for authorization of payment of non-reimbursed tuition up to \$164.00 or the cost of books, for one term, up to \$164. Awards may be applied to any degree program and do not expire.

The Excellence Award program is designed as a reward to current Embry-Riddle students and as an incentive to persons, not currently pursuing higher education, to take the first step toward earning a degree.

Currently, sailors from NMPOD and AIMU, of NAS Fallon, and VFC-13 have received ERAU Excellence Awards. If your department or command would like to offer this program to your sailors, please contact our office.

If your civilian company has a formal program for recognizing outstanding employees on a regular basis and provide partial or full tuition assistance or reimbursement, the Embry-Riddle Excellence Award Program is for you.

You may contact the Fallon Center by calling 423-4018 or email us at fallon.center@erau.edu for participation information or any questions you may have.

Healthwatch: West Nile Virus: Are You at Risk?

By Erica Bangbopa,
Bureau of Medicine and Surgery
Public Affairs

WASHINGTON — You are standing in the backyard, eating barbecue chicken, chatting with friends and family, having a good time. Meanwhile, a female *Culex pipiens* mosquito is looking for her next meal - blood. She needs the protein to produce several hundred eggs. She bites; you scratch your arm.

A few days later, you have a fever, headache and body-aches; typical symptoms of the flu. You visit your doctor and the diagnosis is a mild form of West Nile Virus. Your doctor treats the symptoms, and a few days later, you feel as good as new.

Until preventative measures

like vaccines are discovered, surveillance and common sense are the best course of action to avoid infective mosquito bites. "We try to make everyone aware of the disease and where it exists," said Lt. Cmdr. Gary Tetreault, medical entomologist at the Naval Environmental Health Center, Portsmouth, Va.

Most people bitten by an infected mosquito never experience symptoms, according to the Center for Disease Control and Prevention (CDC). Twenty percent of those who are infected do experience flu-like symptoms. In rare, severe cases, the disease can be life threatening with symptoms including high fever, stiff neck, disorientation, coma, tremors, convulsions, muscle weakness and paralysis. People over 50, and adults and children with weak immune systems are most at risk.

By following some general guidelines, you can reduce the risk of being infected. Consider staying indoors at dusk and dawn, when mosquitoes are most active. If that isn't possible, wear long sleeves and pants when outdoors, and use bug repellent containing 5-24 percent DEET. Also, drain standing water, such as birdbaths and wading pools, because this prevents mosquitoes from laying their eggs.

In 1999, when the virus first appeared in the United States, there were 62 cases and seven deaths, according to CDC. In 2002, more than 4,100 people were infected and 284 died.

For more information about West Nile Virus, visit the CDC Web site at www.cdc.gov.

Desert Moon Theater

Friday, Aug 15	6:30pm 9pm	Legally Blonde 2 (PG13) The Hulk (PG13)
Saturday, Aug 16	6:30pm 9pm	Hollywood Homicide (PG13) Terminator 3 (R)
Sunday, Aug 17	4pm 6:30pm	Rugrats Go Wild (PG) Sinbad (PG)
Monday, Aug 18	6:30pm	Alex & Emma (PG13)
Tuesday, Aug 19	6:30pm	Rugrats Go Wild (PG13)
Wednesday, Aug 20	6:30pm	Terminator 3 (R)
Thursday, Aug 21	6:30pm	Charlie's Angels 2 (PG13)
Friday, Aug 22	6:30pm 9pm	Legally Blonde 2 (PG13) How to Deal (PG13)
Saturday, Aug 23	6:30pm 9pm	Charlie's Angels 2 (PG13) League of Extraordinary Gentlemen (PG13)
Sunday, Aug 24	2:30pm 5pm 7:30pm	Sinbad (PG) How to Deal (PG) Legally Blonde 2 (PG13)

Movie dates and times after Aug 24 can be found by calling the Theater for up-to-date times at 426-2552

Learning the lessons that save lives

Military Health Care and Operation Iraqi Freedom

By David J. McIntyre, Jr.

Significant criticism of the military health care system grew out of Operation Desert Storm. Observers criticized the quality of care in the theater of war and at home, the impact on communities caused by mobilizing medical personnel overseas, and a growing uneasiness about the cost and quality of care throughout the

military health care system.

Many suggested that the military health care community was in crisis, and that the crisis was having a negative impact on morale, the retention of service men and women, and the quality of health care in civilian communities around many military installations.

Much has changed in the intervening 12 years. Now, with the United

States engaged in Operation Iraqi Freedom, it is important to take note of the progress achieved by America's military medical providers.

Initial reports on the military medical system, both at home and overseas, are showing that a new partnership between the military and civilian medical community has produced numerous success stories during the past few months. A recent report about health care delivery in the military's 16-state TRICARE Central Region identifies a number of these achievements.

For example, the commander of El Paso's Beaumont Army Medical Center, who saw 25 percent of his medical staff deployed in the initial phase of Operation Iraqi Freedom, described the response of civilian providers and the surrounding civilian medical community filling the gap as "really a good news story. The system actually works."

In the Colorado Springs area, when a military medical facility anticipated the need to move 900 obstetrics patients out of its hospital, a local women's clinic agreed to accept all of the patients within two hours — with all the support and care necessary.

It is examples like these, and hundreds of others, that should cause Americans to commend the entire military medical community for bringing

ing such a dramatic improvement in health care quality for the military men and women serving in Operation Iraqi Freedom.

The most vital contributor to the success of health care delivery during Operation Iraqi Freedom — as is true in every element of a successful wartime effort — are the men and women on the front lines of health care delivery, in both the military and private sectors.

The partnership of these sectors has resulted in better quality care for the military family at home, a more efficient system that serves the American people well, and most importantly, history's finest-ever delivery of medical care on the battlefield.

The contributors to this successful partnership are numerous, and include the policy experts in Congress, military health care leaders, and the civilian medical community.

I was involved in military health care issues more than a decade ago in Washington, D.C., and remain immersed in these issues as a partner with the Defense Department in assuring quality health care for military families.

At the end of the first Gulf War, the General Accounting Office issued reports on problems in medical readiness and wartime medical care for all the services. And as I worked on defense health issues on Capitol Hill, it

was evident that DoD health care planning repeatedly failed to take into account the impact of activations and mobilizations on civilian health care.

Specifically, doctors and other providers during Desert Storm were often activated for extended periods of time, removing them from their practices, depriving their communities of care for extended periods, and leaving the providers with diminished or devastated businesses when they returned.

During the past decade, military health leaders in the Pentagon and Congress recognized the mistakes of that system and developed a public-private approach to health care delivery combining the specific expertise of military providers with the accessibility and complementary capabilities of the private health care sector.

This approach provides a greater quality of care, the availability of larger numbers of providers to "back-up" the military system in times of great need, and ensured increased efficiency and savings for the taxpayer.

In greatest evidence during the most intense hostilities of Operation Iraqi Freedom is how significantly the delivery of health care has improved throughout the military. There is no doubt in my mind that the most extensive after-action reports will find that more lives were saved — and the quality of life for casualties will be better — than in any other conflict in history.

ages and social categories.

"It is personally and professionally gratifying to be able to provide information to Navy personnel, veterans and children anywhere in America. That's a high level of access to detailed information," concluded Helm.

So do not hesitate to visit the NHC's Web site for research on the Navy's history. And to read more about Navy flags, their stories and anecdotes, click here:

www.history.navy.mil/faqs/faq123-1.htm

render, they "strike the flag." Striking the flag is considered a signal of surrender in international law, and naval tradition, respected all around the globe.

World War II submarines often had unofficial "battle flags" made up with their insignia and individual Japanese flags representing sunken ships.

"The aim of this new posting is to clarify the obscure origins of the Navy's first Jack and consolidate information on flags," said Helm.

The NHC's web site hosts an average 60,000 users a month, from all

Flag History, from page 4

sign.

It has been claimed that the U.S. Navy's first Jack consisted of white and red stripes with a rattlesnake and a motto "Don't Tread on Me." However, historians are doubtful concerning the snake and the motto. Paintings and documents don't confirm the early Navy's use of the "Rattlesnake Jack."

The Iwo Jima Memorial is probably one of the most significant and well-known memorials of World War II in the world. An interview with one of the flag raising veterans is also available on NHC's Web site.

The current official U.S. Navy Flag was first authorized by Presidential order in 1959, and replaced the Infantry Battalion flag that had been used for years as the Navy flag.

To ease communication during operations, the Navy adopted a phonetic alphabet and a corresponding signal flag system, later complemented by Morse code signals. A short introduction to phonetic alphabet and signal flags can also be found on the Web site.

Continuing on with communications, if a ship's crew is forced to sur-

comforter set (blanket, mattress sheet, around the side cushioning, bedskirt) \$25, car seat \$25, toddler bicycle \$10, Computer subwoofer and speaker \$10, keyboard, \$5, mouse \$2.50, 2 Pioneer house stereo speakers \$10 ea., Mini tape recorder \$10, Little Tikes mini wagon \$2.50, 3 cordless phones (need batteries) \$25, Water hose holder \$10, RCA old fashion camcorder and case \$110, Winnie the Pooh toddler bed comforter set (blanket, fitted, and spread sheet) \$10. Please contact Mardie at home 423-2246

Misc.:

--300watt Max 2 OHM

Otimus 100watt amp.

2 subwoofers Pioneer ready to install \$400.00 obo

Child's bunk bed with desk attached. Metal and wood frame. Metal is black \$300.00 obo

Phone 867-5361

Also, I have two labrador mix puppies for free to a good home 25 weeks old on the June 24. They have all of these shots. Willing to talk about asking prices on the items for sale.

--Futon: Double/Full size bed to Couch or vice versa. \$100. Stroller \$65, crib \$75, toddler bed \$75. 21 inch MC tire \$80. Call 428-0297 or 775-848-5666, or e-mail lgarlington@charter.net

For sale: Sony MDP-A1 Laser disk player. Also plays VCDs and CDs. 89 varied laser disks.

Asking \$75 for the player, \$51 per disk, \$150 package deal, OBO. Contact QM2 Ewing, x2524

A Reminder to those with ads:

If you have an item that is listed in the Desert Classifieds and has been sold, please contact JO2 Eric Ritter at 426-2880, eric.ritter@navy.mil to have it removed. Don't forget, that, if you want something else advertised, contact Ritter with the info. Remember...it's free!

Pets:

--If you're looking for a new or lost pet, please check with the Churchill Animal Protection Society (CAPS). They have a number of animals available for adoption or sponsorship. Call 423-7500 for more information.

Autos:

'98 Kia Sophia, 96K miles; good cond.; metallic blue, 4dr; blue book value: \$4,200--asking \$3,500. Make an offer. Call Maria: 867-4382 1993 Dodge Intrepid ES

3.5L V6, Automatic, Great Condition, 95K, CD Player, Power Everything, Leather, Trip Computer, Original Owner, \$2800 obo.

Call Eric at 426-3879 or email, bialeke@nsawc.navy.mil

--'93 Ford Explorer 4x4 Sport 2D. Forest green w/ tan leather. AC, power everything, cruise, alarm. Excellent condition at NASF Lemon Lot, \$4,250 -- email: wannabebob@yahoo.com or call bill at 426-3162

Truck: 1997 Dodge Ram 1500, extended cab, 4x4, 5.9L V-8, automatic transmission, power everything, 3.5 inch lift with off-road tires, sprayed in bed liner, asking \$16,500.00 or best offer (O.B.O.) Contact Dustin Wiggins anytime. Work (775) 426-2319 or Home (775) 428-1122.

--Kenwood stereo system with cabinet, speakers, 2 sided tape deck, tuner, cd player (holds 5 CDs) and amplifier all are also in excellent condition. Now asking \$500. Please call 423-2624.

--1995 G.E., 21.7 cu. ft., side-by-side, frost-free refrigerator/freezer with ice maker. Asking \$650/OBO. Phone AECS Jim Williamson at 426-3485, during normal working hours or 423-8619, after working hours.

--2 bar stools \$12 or \$6 ea., Toddler bed and mattress (Tiny Toon bed sheet included) \$45, Computer desk and chair \$45, White rocking chair with baby blue cushion for seat and back \$25, Loveseat \$100, Baby crib

